

CROSSROADS OF COPARENTING Survey

Name: _____ Relationship to Child(ren): _____

Rate your overall relationship with your child's other parent. (Circle only one)

| | | | | | | | |
|----------------------|---------|---------------------|----------|------|-------|----------|------------------|
| Extremely Hostile | Hostile | Moderately Angry | Avoidant | Cold | Civil | Friendly | Very Friendly |
|----------------------|---------|---------------------|----------|------|-------|----------|------------------|

Rate your ability to:

1. Communicate with your child's other parent in matters regarding your child(ren).

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

2. Cooperate with your child's other parent on establishing mutually acceptable guidelines and standards for your child(ren).

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

3. Control your anger when interacting with your child's other parent.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

4. Schedule time with the other parent to discuss parenting matters.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

5. Put aside your personal differences to care for your child.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

6. Separate your marital relationship from your coparenting relationship.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

7. Use negotiation skills when interacting with your child's other parent.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

8. Keep your child(ren) out of parental conflict.

| | | | | | | | | | |
|------|---|---|---|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| poor | | | | | | | | | excellent |

9. Value your child's relationship with the other parent.

1 2 3 4 5 6 7 8 9 10
poor excellent

How often do you do the following:

10. Make negative comments about your child's other parent in front of your child.

1 2 3 4 5 6 7 8 9 10
very often never

11. Ask your child questions about the other parent's personal life.

1 2 3 4 5 6 7 8 9 10
very often never

12. Ask your child to relay messages or pass notes to the other parent.

1 2 3 4 5 6 7 8 9 10
very often never

13. Tell your child that the other parent was to blame for the divorce or separation.

1 2 3 4 5 6 7 8 9 10
very often never

14. Argue with your child's other parent in front of your child.

1 2 3 4 5 6 7 8 9 10
very often never

15. Attempt to get your child to love you more than the other parent.

1 2 3 4 5 6 7 8 9 10
very often never

16. Try to limit the amount of time your child spends with the other parent.

1 2 3 4 5 6 7 8 9 10
very often never